

## TIPS FOR NEW NONSMOKERS

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### Action Plans

Deciding what you want to accomplish is sometimes the hardest part of setting goals. Luckily for you, you know what you want to do and now you just have to work on getting there.

The first step is to turn your goals into short-term plans. This is called an action plan. An action plan calls for you to do a certain set of activities you can accomplish this week. This is a plan to help you achieve your goals. You do not make an action plan to please your friends, family or anyone else.

First, decide what you will do this week. This must be something you want to and can do that is a step to reach your long term goal of being a nonsmoker.

- Tip: make sure your plans are “behavior specific.” That means instead of deciding to “relax more” you will “practice deep breathing and listen to calm music for 10 minutes every day.”

Your plan should contain these things:

1. Exactly what you are going to do? How far will you walk, how will you notice your triggers and what will you do to avoid them? What activity will you use to replace where you used to smoke?
2. How much will you do?
3. When will you do this? Replacing new activities with old habits will make achieving your action plan easier.
4. How often will you do the activity? It is usually best to decide to do something three or four times a week so you feel less pressure if you go a day without your action plan activity.

If you have a simple and clear action plan, fulfilling it is generally pretty easy. Ask family, friends or others in this group to check with you during the week to see how you’re doing. Having to report progress is good motivation!



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Louisville Metro Department of Public Health & Wellness and Kentucky Cancer Program coordinate the Cooper/Clayton Method to Stop Smoking program in collaboration with community partners.



# Action Plan Form

Be Sure Your Action Plan Includes:

1. What you are going to do,
2. How much you are going to do,
3. When you are going to do it, and
4. How many days of the week you are going to do it.

For example: This week, I will walk (*what*) around the block (*how much*) before lunch (*when*) three times (*how many*).

This week, I will \_\_\_\_\_ (what)  
\_\_\_\_\_ (how much)  
\_\_\_\_\_ (when)  
\_\_\_\_\_ (how many)

Day	Did You Do The Activity?	Comments

Source: Stanford University



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